

Celebrity Buzz

Reid sheds clothes for Playboy shoot

pg 22



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Cops look into Spryfield shooting

CRIME Halifax Regional Police are investigating an incident of shots being fired at two people yesterday morning in Spryfield.

Police say the alleged shooting at Cranberry Court and Greystone Drive took place at 2:12 a.m. with the victim reporting she and her boyfriend were shot at by the suspect, who then fled the scene.

Sgt. Gordon Graham of HRP said yesterday around noontime the victims say two shots were fired at them, but police still hadn't located any evidence of a shooting.

Police say the victims didn't live on either street, but were from the Spryfield area. They describe the suspect as an 18-year-old male, five-foot-nine and around 120 pounds.

METRO HALIFAX

News on the Move

What's this barcode for?

Learn how to scan the barcode with the instructions at the top of pg 2



Entertainment pg 20



Dillon returns to rock roots

On the web
Visit metronews.ca for news updates

Exhibition Park Fall Fair



Dillon O'Leary rides Kings Black to a seventh-place finish yesterday in the pole bending competition at the Maritime Fall Fair at Exhibition Park. Edwin Cameron took first, second and fourth place in the event aboard three different horses. The fair wrapped up its five-day run yesterday.

H1N1 impacting women more

Flu Outbreak

HEALTH A "striking" number of women are becoming seriously ill after contracting H1N1, according to a new study, and researchers frankly admit they have no explanation.

Although it has been known that pregnant women — along with the young and elderly — are at increased risk, the authors of the report, Critically Ill Patients With 2009 Influenza A (H1N1) Infection in Canada, write "the tendency of females to develop severe 2009 influenza A

(H1N1) infection in this series is striking," especially since "female susceptibility has not been observed in other influenza outbreaks."

About 67 per cent of the cases under study in the Canadian report were women.

TORSTAR NEWS SERVICE

Shots fired in North Preston

Bullet fragments hit house

PAUL MCLEOD
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Residents in a home were almost hit by the crossfire of a gunfight in North Preston Sunday night, the third shooting in the area since Thursday.

At about 8:30 p.m., Halifax RCMP say, people in two vehicles exchanged shots at the corner of Clarence Street and Johnson Road.

Some bullet fragments flew into a nearby house, nearly hitting the people in it, according to police spokesman Cpl. Joe Taplin.

"The bullet fragments came into the same room they were in."

There were three occupants in the house. No one was hit but (they were) narrowly missed," he said.

The bullet fragments came into the same room they were in."

Taplin said police officers were nearby and arrived at the scene within minutes but both cars had driven off. About 90 minutes later police found an abandoned red Lexus on Cherry Brook Drive. The Lexus had several bullet holes in it and police believe it was one of the vehicles in the shootout.

RCMP are still investigating but Taplin stressed they

are hoping someone from the community will come forward.

"Our biggest concern is we need help from the community," he said. "We know individuals in the community know who is responsible for this shooting. You know, this is pretty close to innocent people this time in a residence," he said.

By midday yesterday police had left the scene of the shooting and there was no sign of the violence that occurred the night before.

The incident comes just a couple of days after two separate shootings in the area.

On Friday morning a 24-year-old male was shot on Cain Street and taken to hospital with serious but not life-threatening injuries. Police last reported he was in stable condition.

Roger Santrevo Downey, 22, was arrested later in the day and was charged yesterday with attempted murder, several firearm offences and two breaches of recognizance.

Shots were also fired in North Preston Thursday night at a man entering his house. The gunfire struck a van in the driveway and the man was unhurt.

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Local



Free shuttles for Nocturne

Metro Transit and the Halifax Regional Municipality is again offering the public two free bus shuttles for Nocturne: Art at Night this Saturday evening. The service will be offered every 45 minutes to an hour from 6 p.m. to midnight. The Brown bus will depart from the The Hub Halifax on Barrington Street and the Orange bus is leaving from 1656 Barrington St. Each bus will offer free entertainment by local musicians and a chance to see many of the galleries and exhibitions as part of the Nocturne art festival.

METRO HALIFAX



Celtic Colours fest making music on Cape Breton

NINE DAYS The 13th annual Celtic Colours International Festival is well underway at various sites around Cape Breton.

The nine-day festival opened last Friday night at the Port Hawkesbury Civic Centre with Island to Island: The Cape Breton-Ireland Musical Bridge show which builds on connections made when Irish fiddler Liz Doherty's study of Cape Breton fiddle tradition led to a Cape Breton festival taking place in Cork, Ireland, in 1993.

About 425 artists are performing at this year's edition of Celtic Colours, which includes 24 artists from Ireland. The event wraps up this weekend.

CAPE BRETON POST

Tomorrow's Metro

Eradicating Poverty

Metro launches a series titled Eradicating Poverty, where we take a closer look at what's being done in Canada to help the less fortunate.



metronews.ca

What's online today.

Read What happens when a size-zero model's had enough of a thin-obsessed fashion industry? We talk to Crystal Renn who now works as a plus-size model, at metronews.ca/
world.
Check movie showtimes, watch trailers and read reviews

Lotteries

Friday, Oct. 9
Lotto Max: 05, 15, 25, 38, 42, 46 & 47 Bonus 26
Saturday, Oct. 10
Lotto 6/49: 5, 11, 12, 2, 23 & 26 Bonus 41
These results are not official.

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Decision on arbitration for college workers this week

Union awaits premier's review, sets Oct. 20 strike deadline

PHILIP CROUCHER
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The NDP government will decide this week whether to accept an offer for binding arbitration from the union representing the 930 Nova Scotia Community College workers who have set Oct. 20 as a strike date if a deal on a new contract isn't reached.

Following a conference call among executive members last Thursday night, union president Alexis Allen said they will agree to binding arbitration because "it's a way to avert a strike so students won't lose their year or their term."



Darrell Dexter

Premier Darrell Dexter pledged Friday to review the proposal and promised to decide this week whether to enter into negotiations on the terms of an arbitration process.

But the premier made it clear while he's open to the possibility of an arbitrated settlement, he's also put a condition on the table.

He said the union has to realize the province is facing tough economic times and is saddled with a \$592-million deficit. As a result, the terms of any proposed arbitration process must recognize that "we simply don't have the money," he said.

"The assumptions you go



Nova Scotia Community College students leave Dartmouth's Waterfront campus in this file photo from last month. Teachers and support staff at the college say they'll go on strike Oct. 20 unless the province agrees to binding arbitration to settle the labour dispute.

On the table

• The Nova Scotia Community College workers and faculty members are looking for a 2.9 per cent wage increase and improvements to medical ben-

efits, noting that the government offered a similar package to public school teachers last year. The government is offering a one per cent raise.

in with are as important as the arbitration itself," he said.

Allen, whose colleagues

voted 90 per cent in favour of strike action last month, said Friday she was concerned about the premier's

comments.

"There could be problems with that," she said. "Arbitration is supposed to be done by an independent source ... and if there are too many parameters, it's not really an independent decision."

Still, Allen said she wanted to hear from the premier before drawing conclusions.

WITH FILES FROM
THE CANADIAN PRESS

No arrests yet after grow-op found: Police

SEARCH Halifax Regional Police have yet to make an arrest after they say the search of a Dartmouth apartment over the weekend — with the help of the Emergency Response Team and crisis negotiators — resulted in a marijuana grow operation being found.

Police say at 4:30 a.m. on Saturday they received a call about possible drug activity at an apartment at 129 Pinecrest Drive. Officers secured the scene, police say, while they waited for a search warrant for the apartment and a U-Haul trailer parked outside the building they believed was also associated with the situation.

Police say they were then getting conflicting information about whether anyone was inside the apartment, with some information saying a man known to police was inside with access to firearms.

Police say because of this information, both ERT and crisis negotiators were brought in. At 5 p.m. ERT entered the apartment and no one was found. They also checked the U-Haul and nothing was found.

Inside the apartment, police say they did seize several mature marijuana plants and marijuana-grow equipment.

HRP spokeswoman Theresa Rath said yesterday their investigation is continuing but no arrests have been made as of yet. METRO HALIFAX

Cape Breton man faces charges involving threats

ARREST A 49-year-old Cape Breton man is facing criminal charges in relation to an incident involving threats and a weapon.

Cape Breton Regional Police in East Division say at about 3 p.m. on Sunday a male entered a business in New Waterford and threatened another male with a knife. No one was injured.

Police later arrested a 49-year-old man at another location. The accused has been charged with possession of a weapon dangerous to the public peace and threats. He was released on conditions, including to appear for scheduled court dates. CAPE BRETON POST

Pair of city men arrested in armed theft

Two Halifax area men are facing several charges including armed robbery after Halifax Regional Police say a 42-year-old man was held up in the parking garage of his apartment complex early yesterday morning.

Police say at about 1:30 a.m., the victim was entering his vehicle in the underground parking area of his building at 1270 Hollis Street when

two men approached him. One of the suspects was armed with a shotgun, police say, and both demanded cash.

Police say the victim cooperated and gave over a sum of money, with the suspects then fleeing the scene on foot. Police were then contacted by the victim, who wasn't injured, and officers closed off a six-block area around the building. A K-9 unit was

also brought in to search for the suspects.

Police say the K-9 unit ended up locating the sus-

pects a short time later hiding in a stairwell of a building on the 1200 block of Barrington Street. The two suspects were taken into custody and police say a loaded shotgun was also located nearby.

Two men, aged 25 and 32, are now facing several charges, including armed robbery and various weapon-related offences.

METRO HALIFAX

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Local chefs to tour farms

Twenty local chefs will tour farms and facilities of Nova Scotia producers this month. The visits take place Oct. 19 and Oct. 26, something Nova Scotia Agricultural Minister John MacDonell says is important to become familiar with the ingredients available and the quality of locally produced products. **METRO HALIFAX**

Deputy sheriff faces drug charges

CRIME Halifax Regional Police have charged a deputy sheriff for allegedly trying to bring illicit drugs into a local jail.

The uniformed officer and a woman were picked up Friday after investigators observed what they described as an alleged drug transaction in the parking lot of a strip mall in the 300 block area of Pleasant Street in Dartmouth.

The deputy sheriff was apprehended near the Dartmouth courthouse while the woman was arrested at a nearby intersection on Chadwick Street.

On Friday evening, police sent out a news release saying they had charged Tyrone David, 40, with 12 counts of possession of narcotics for the purpose of trafficking.

Kathleen Kierans, 22, has been charged with 12 counts of trafficking.

Justice Minister Ross Landry said his department is also launching an internal investigation.

"We believe this is an isolated incident," Landry said outside the legislature.

"This incident is very disappointing. As the minister of justice, these type of incidents cause great concern."

He said he didn't know what type or quantity of drugs were involved, but confirmed investigators believe the drugs were destined for the Central Nova Scotia Correctional Facility in Dartmouth.

The deputy sheriff, who has been on the job for five years, is on administrative leave with pay.

Corrections staff have been caught trying to get drugs into provincial facilities before, but Landry said it's believed to be the first time a deputy sheriff has been accused of such a crime. **THE CANADIAN PRESS**

News in brief

FIRE RCMP are probing a week-end fire at a rooming house in southeastern New Brunswick that claimed the life of one man and left 10 other people temporarily homeless. The fire at the three-storey building broke out around 10:30 p.m. Saturday in Moncton. Few details were released about the man who died, but RCMP said he was in his 40s. **THE CANADIAN PRESS**

Pumpkin race ends in photo finish

Annual regatta of gigantic gourds attracts record number of competitors

PAUL MCLEOD
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Winners

Arguably the world's pre-eminent water-based, manpowered pumpkin race came down to a photo finish this holiday weekend.

In the end, Will Neily of Paradise, Annapolis Co., edged his way to victory in the 11th annual Windsor Pumpkin Regatta on Sunday afternoon.

Neily, 42, collapsed onto the dock after paddling his giant gourd to the finish line at a time of 9:52, just seconds before Windsor native Joe Seagram.

"I knew it was tight," Neily said. "We were one-on-one there for quite a little while but I just gave it a little extra at the end and pulled ahead."

He chalked his success up to his homegrown pumpkin, which was "grown for speed." It had a pointed edge to make it hydrodynamic and was also hollowed out in a way to reduce Neily sliding around during the race.

And of course there's the grueling year of training

• The 11th annual Windsor Pumpkin Regatta continues to grow. This year there was a record 54 competitors in the main event, plus three motorized pumpkins. Dani Rippey of Windsor finished first in the motorized race while 11-year-old Jack Dauphinee came in second.

between each race.

"I think about it all year from my lawn chair with my beer on the side. And I think, 'this year I'm going to win,'" he said.

Second-place finisher Seagram also received a massive reception from the huge crowd of spectators. As the headmaster of King's-Edgehill School, he had many students there to cheer him on.

"I was going as hard as I could but he somehow found that extra burst of speed," Seagram said.

"It's tiring by the first half. It seems like the dock will never arrive."

After being "tricked into" attending for the first time last year, Seagram said he will be back.



Matt Gunning from Pictou just manages to keep his pumpkin afloat as he nears the finish line in the 11th annual Pumpkin Regatta in Windsor on Sunday.

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Bridges that Unite: Exploring Canada's Global Leadership Role is hosting Building Community: A Conversation with Paul Born Thursday from 5 to 6:30 p.m. at Pier 21. The event is part of the bilingual traveling exhibition that is on display at Pier 21 until Nov. 4. **METRO HALIFAX**

Latimer to meet with church?

Diocese lawyer requests discussion over class-action suit

A lawyer for the diocese of Antigonish says he wants to meet with a Nova Scotia man who is suing the church for sexual abuse he allegedly suffered as an altar boy.

Bruce MacIntosh says he wants to explain the details of a class-action settlement reached between the diocese and other alleged victims of sexual abuse by

priests.

Philip Latimer said last week he is opting out of the \$15-million settlement to launch his own \$2-million suit against the church.

Latimer says he was molested repeatedly by Rev. Allan MacDonald,



Philip Latimer

beginning when he was 11, and argues the settlement won't explore what the church knew about the priest and whether they could have done anything at that time to stop the alleged abuse.

But MacIntosh says the settlement process

will allow for disclosure and an airing of the facts from that time.

He says he will contact Latimer's Ontario-based lawyers to explain the landmark arrangement, reached in August by Bishop Raymond Lahey, who is now charged with possessing and importing child pornography.

THE CANADIAN PRESS

Inspired sailors navigate passage

TRIP A trio of adventurers sailed into a dreary and damp Halifax harbour over the weekend, marking the end of a four-month journey that saw them navigate the treacherous waters of the Northwest Passage aboard a 12-metre sailing sloop.

The Open Passage Expedition was the brainchild of Manitoba native Cameron Dueck, a journalist and avid sailor who lives in Hong Kong.

The goal was to document through photographs, video and anecdotes the effects climate change is having on the lives of the people who inhabit the remote communities of Canada's Arctic.

"This was not a scientific expedition. I like to say it was a creative expedition," said Dueck, who intends to write several magazine and newspaper articles and a book based on the group's observations and experiences.

Taking time off from work after arriving in Halifax on Saturday, Dueck said he had been sailing boats from Asia to the Caribbean when he decided he wanted to do another epic journey, but one with a "bigger goal and purpose than just sailing."

Inspired by the work of former U.S. vice-president Al Gore on climate change, Dueck decided he too could help tell the story. Dueck left Victoria, B.C., on the sailing boat Silent Sound and during the roughly 15,000-kilometre journey, the expedition stopped in a number of small communities. Aside from a major storm that Dueck said "knocked me senseless" when he was thrown across the boat's cabin, and the loss of an engine mount at one point, the trip through the Northwest Passage was relatively uneventful.

THE CANADIAN PRESS

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Grits preparing for byelection

POLITICS Liberal Leader Stephen McNeil is taking a shot at the NDP government over the issue of new jails.

McNeil was in Antigonish last week to lend his support to candidate Miles Tompkins for the upcoming provincial byelection.

McNeil says people have a chance to send a message about politicians who say one thing during a campaign, and do another once they're elected.

He says the failure to ho-

nour the previous government's commitment to build a new jail in Antigonish is just one example of the NDP playing politics at the expense of the riding.

In their first budget this fall, the NDP halted plans for new jails in Cumberland County and Antigonish. Justice Minister Ross Landry says the province is waiting for a business case to be developed to determine whether one or two jails are needed right now.

THE CANADIAN PRESS

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Expiring EI driving food bank use: Ignatieff

Inadequate employment insurance benefits are forcing more and more people to turn to food banks for help, Liberal Leader Michael Ignatieff said Sunday. He is worried about the toll the recession is taking on people who have not been able to find new jobs. **THE CANADIAN PRESS**

5

Canada



Rare stamps going on sale

Stamp enthusiasts will get a glimpse and a chance to bid on some of the oldest and most valuable stamps in Canadian history later this month — including a mint-condition 1851 Canadian 12-pence denomination postage stamp, left, depicting a young Queen Victoria. A U.S. stamp collector is selling 133 early Canadian postage stamps and 81 U.S. Civil War era stamps to raise money for a new postal collection at the Smithsonian National Postal Museum. **THE CANADIAN PRESS**

Deportation numbers soar

Increase seen in last decade

Deportations from Canada have skyrocketed more than 50 per cent over the last decade and the bulk of those given the boot are failed refugee claimants who may return home to face torture and persecution.

Figures obtained by The Canadian Press through Access to Information show Canada removed 12,732 people last year — a major increase from the 8,361 who were deported in 1999.

A series of steady increases over the years shows no sign of abating in 2009. By Aug. 25 of this year, 8,999 had already been deported.

Canada Border Services Agency statistics show

12,732

The number of people deported from Canada in 2008.

failed refugee claimants accounted for three-quarters of deportations while the remainder were often removed on criminal or security grounds.

The most common deportation destinations are the U.S. and Mexico, though hundreds more are being sent to places with shoddy track records on human rights or security, like China, Pakistan and Haiti.

THE CANADIAN PRESS

Commons Speaker marks milestone

OTTAWA Peter Milliken's job might be compared to herding cats, but he's done it longer than anyone in Canadian history.

Milliken is the Speaker of the House of Commons and, as of yesterday, he held the job for 3,178 days, surpassing the tenure of Lucien Lamoureux, a Trudeau-era Speaker.

While few people are likely to recognize the name, they'll likely know the face. On the evening news clips from the Commons, he's the white-haired chap in the black robe trying to keep the exasperation from his voice as he tries to calm a raucous question period.

The 62-year-old MP from Kingston, Ont., was elected the 34th Speaker on Jan. 29, 2001, and has since been acclaimed once and re-elected twice to the post.

It's a tough job. He has to cut himself off from his



House of Commons Speaker Peter Milliken, centre, seen in the Senate Chamber on Parliament Hill in Ottawa in this file photo. As of yesterday, Milliken held the job for 3,178 days, becoming the longest-serving Speaker in Canadian history.

own party and caucus to avoid any perception of bias. He must maintain order among 307 often-fractious MPs. He has to handle his own constituency work, like any other MP.

He's basically the chief executive officer of Parliament, overseeing budgets

and operations for the Commons and the various buildings that make up the parliamentary precinct.

"It's very demanding, time-wise," he said. "You start reasonably early in the morning and you go fairly late at night every day."

THE CANADIAN PRESS

News in brief

ACCESS The Canadian Press has filed a motion in Federal Court seeking the release of sealed documents in the RCMP's security file on storied politician Tommy Douglas. The former NDP leader caught the attention of the RCMP through his longstanding links with left-wing causes, the burgeoning peace movement and assorted Communist party members.

DISEASE Bovine tuberculosis carried by wild elk is increasingly threatening some Manitoba cattle herds, prompting farmers to call for a cull of the animals before more cows succumb to the disease.

THE CANADIAN PRESS

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Canada is moving to firm up control over the disputed Northwest Passage by designating the waters of its eastern entrance a national marine conservation area. Inuit officials have confirmed that talks are progressing on protecting Lancaster Sound, an area north of Baffin Island. **THE CANADIAN PRESS**

Climate talk prompts walkout

G77 developing nations leave during Canada's speech on global warming

The government's push to abandon much of the Kyoto protocol prompted dozens of developing countries to walk out on Canada's address during recent climate talks in Thailand. The Canadian Press has learned.

The mass walkout came after the Canadian delegation suggested replacing

New agreement sought

• Canada, the U.S., the Europeans, the Australians and others want a new agreement

the Kyoto Protocol with an entirely new global-warming pact, according to one of the negotiators and notes taken by others at

to also bind big developing nations such as China and India to cut greenhouse gases.

the meeting.

A widening and bitter rift between rich and developing countries over climate change was laid bare

last week when delegates from 180 nations met in Bangkok to shape a successor to Kyoto before its first phase expires in just over two years.

The developing countries want a new climate deal to complement Kyoto, but Canadian officials told the room they would rather replace Kyoto with one agree-

ment, according to the meeting notes.

Canada's delegation was apparently open to putting "some or all" of Kyoto in a new climate pact, the notes say.

At that point, the South African delegation stood up and led the Group of 77 developing nations out of the room. **THE CANADIAN PRESS**

Quebec tries to boost voter turnout

POLLS With voter turnout for municipal elections in the doldrums across the country, Quebec is turning to comic relief in a public-relations effort to propel its electorate to the polls this fall.

New TV ads feature a woman asking, "Why should I vote?" as she takes a gulp from a glass of the brown sludge trickling from her kitchen tap.

A cyclist asks himself that same question while manoeuvring through mounds of garbage beyond his driveway. One ad shows a man getting a kick in the gut in a crowded park. The host of a fictitious news website, rdn-tv.ca, covers the fallout from an election where nobody bothered voting.

The province's chief electoral officer is spending \$1 million on an advertising campaign to highlight the importance of voting in a bid to resuscitate moribund interest for the upcoming municipal elections.

THE CANADIAN PRESS

Biodiversity loss worries scientists

ECOSYSTEMS Plants, animals and the places where they live are being wiped out at a quickening pace, leading to a loss of biodiversity that could threaten whole ecosystems, say scientists meeting in South Africa.

The experts warn that Canada and 100 signatories to a UN convention have failed to live up to a pledge to significantly reduce biodiversity loss by 2010.

Andrew Hendry, a biologist at McGill University in Montreal, said while there are hopeful signs some

"We continue to see major problems in a lot of tropical countries, particularly where people are quite poor."

Andrew Hendry

countries might be altering the way they manage species and protect habitats, the overall picture remains grim. "We continue to see major problems in a lot of tropical countries,

particularly where people are quite poor," Hendry said before heading to the conference in Cape Town.

The 600 scientists attending the meeting of the non-governmental organization, Diversitas, will focus on measures to stem the loss of various species.

Researchers say that greater tracts of land are being swallowed up by commercial interests to feed a growing appetite for natural resources, like lumber and water.

THE CANADIAN PRESS

Cribbage Harper gets game



Prime Minister Stephen Harper plays cribbage yesterday with Charles Gagne at a seniors residence in Calgary. Harper was in Calgary for the Thanksgiving holiday.



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Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

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Comment

Bob Rae waiting at the Grit gates

NationalReport

Lawrence Martin

metronews.ca/nationalreport

One of Michael Ignatieff's close caucus supporters said to me the other day, "We're still supporting

Michael, but Bob Rae has gained our trust."

He went on to list some of the reasons he and others now have more faith in Rae than Iggy. At the Sudbury party meeting last month, Rae got it right. He was saying, behind the scenes, that Iggy should not be pushing for an election because it would make him look just as the Conservative attack ads were depicting him — an opportunist. Iggy didn't take Rae's ad-

vice. He vowed to bring down the government as soon as possible. But the gambit has done more to bring him down than the prime minister. Caucus members now say they will undercut any order by Iggy to defeat the government by conveniently being absent on voting day.

In June, Ignatieff's team was pressing for a summer election. Rae cautioned against such a move, saying the party wasn't ready and

summer wasn't the time. But the leader came out sounding hawkish, ready to go. Then he suddenly pulled back when told his party wasn't financially ready. He looked feckless in so doing.

The far more experienced Rae has told associates he is not happy with Ignatieff's handling of the job. A participant at morning meetings with the leader and some MPs says Rae's performance there

has been noticeably less enthusiastic in recent times.

On the weekend, Rae had to come forward to deny he orchestrated a move by a group of Liberal senators to amend a crime bill, a bill that Ignatieff was supporting.

As common sense would suggest, Rae, who fell short in a couple of runs for the crown, still has leadership ambitions. He can protest that he is being loyal, that he is doing nothing to en-

courage his supporters. But with the party in a free fall, disgruntled caucus members are going to talk and journalists are going to listen.

The last thing the Liberals need at this point is a new outbreak of leadership feuding. But unless Ignatieff reverses his slide, that's what they'll get.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

Higher taxes may be the only solution

InBusiness

Charles Davies

metronews.ca/inbusiness

Read their lips: No new taxes. Stephen Harper's Conservatives and Michael Ignatieff's Liberals keep saying we can eliminate the federal deficit without raising taxes. Economic recovery is supposedly going to provide the tax revenues

that, along with some cuts in program spending, will put the nation back in the black sometime after 2015. It will all be so gradual you won't really feel it.

Only children and incurably gentle folk are likely to be taken in by such mendacity. To get some idea of our current deficit problem and the choices we face, we should cast our minds back to 1993. The deficit that year came in at a then record \$42 billion.

The newly elected Chrétien Liberals did indeed lick the deficit. Economic

growth helped, but we shouldn't forget that the federal government whacked more than \$12 billion from program spending over three years as well as chopping social transfer payments to the provinces.

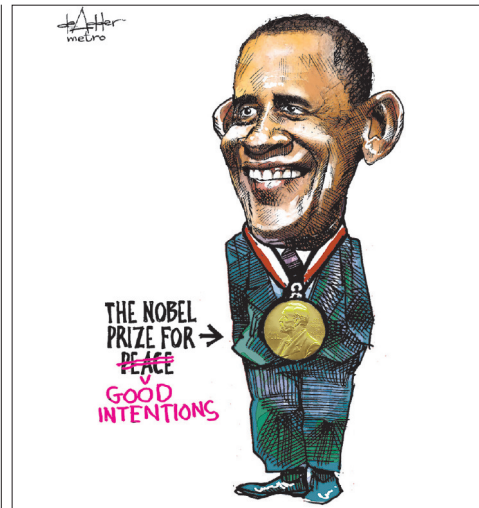
This time, we have a deficit that's going to hit at least \$56 billion. A slowly recovering economy won't readily generate additional tax revenues.

Cutting transfers to the provinces isn't much of a solution either since all but Saskatchewan are running deficits at the moment. Nor

is there much room to cut federal spending, given that significant chunks of what Ottawa lays out are more likely to grow than shrink.

So what's a prime minister to do? Raise taxes, either in the form of GST points or personal levies. A minority government won't get away with it, but if a party wins a majority at the next election, higher taxes will likely be part of any deficit reduction package.

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.



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Man in coma after apparent hate crime

New York City police say a 49-year-old gay man leaving a corner deli near his home was beaten by two men in an apparent hate crime. Jack Price remains in a medically induced coma. He is in serious but stable condition. **THE ASSOCIATED PRESS**

World



No presents for troops on front line?

Thinking of sending a Christmas gift to a British soldier on the front lines? Don't bother. That's the advice from the U.K. Defence Ministry, which warns that the military's mail delivery system may be overtaxed if well-meaning citizens send too many goody boxes for the troops. Instead of making individual purchases and sending them to Afghanistan, the department advises people to work with specified charities that can provide practical gifts for the soldiers.

THE ASSOCIATED PRESS

1 billion going hungry: UN agency

Agricultural investment in developing countries will have to increase more than fivefold to ensure that by 2050 the world has enough to eat, a UN food agency said yesterday.

Poor countries will need a yearly \$44 billion US of development assistance in agriculture compared with the current \$7.9 billion, the Food and Agriculture Organization said as it opened a two-day forum of experts on how to feed the world in 2050.

By then, population is expected to rise from 6.7 billion people to 9.1 billion and the world's food output will have to increase by 70 per cent, the agency said in a statement.

Investments in developing nations are needed to

increase access to irrigation systems, modern machinery, as well as to build roads and train farmers.

"The challenge is not only to increase global future production but to increase it where it is mostly needed and by those who need it most," FAO Director-General Jacques Diouf said.

"There should be a special focus on smallholder farmers, women and rural households and their access to land, water and high quality seeds ... and other modern inputs."

Diouf told the 300 experts gathered at the Rome-based agency that agriculture faces the challenge of climate change, which is increasing extreme events like floods and droughts. The effects of climate change could reduce output by up to 30 per cent in Africa and up to 21 per cent in Asia, he said.

Food production must also compete with biofuel production, which is set to increase nearly 90 per cent over the next 10 years. While more environmen-

9.1B

Expected world population in 2050

tally friendly than coal and oil, fuels that are made from food crops, like corn-based ethanol, are often seen as helping to increase commodities prices and swell the ranks of the world's hungry.

In June, the FAO said the number of hungry people had reached a record one billion under the combined effect of the global financial crisis, high food prices, war and drought.

THE ASSOCIATED PRESS

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Kenya Proud step-grandma



SAVID AZIM/THE ASSOCIATED PRESS

Sarah Obama, step-grandmother of U.S. President Barack Obama, reads her local newspaper Saturday in Kenya. The Norwegian Nobel Committee stunned many with its decision Friday to award the Obama the peace prize so early in his presidency for his initiatives to reduce nuclear arms and defuse tensions.

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Women, Americans continue Nobel streak

AWARDS Elinor Ostrom became the first woman to win a Nobel Prize in economics, honoured along with fellow American Oliver Williamson yesterday for analyzing economic governance — the rules by which people exercise authority in companies and economic systems.

Ostrom was also the fifth woman to win a Nobel award this year — a record for the prestigious honours.

It was also an exceptionally strong year for the United States, with 11 American

The Prize in Economic Sciences 2009

awarded with one half to



Elinor Ostrom
Indiana University
Bloomington, IN, USA

and the other half to



Oliver E. Williamson
University of California
Berkeley, CA, USA

A screenshot showing Elinor Ostrom and Oliver E. Williamson, 2009 winners of the Nobel economics prize.

citizens — some of them with dual nationality —

among the 13 Nobel winners. **THE ASSOCIATED PRESS**

Blast kills 41 in Pakistan

TALIBAN A suicide car bombing targeting Pakistani troops killed 41 people yesterday, the fourth grisly militant attack in just over a week, as the Taliban pledged to mobilize fighters across the country for more strikes.

The Taliban also claimed responsibility for the 22-hour weekend attack on the nation's heavily fortified army headquarters, saying a cell from Pakistan's most populous province carried out the raid.

The claim that a Punjabi faction of the Pakistani Taliban was behind that strike is a sign the insurgents have forged links with militants outside their main strongholds in Pashtun areas close to the Afghan border, increasing their potency.

The army, however, maintained it was launched from South Waziristan — where the military is preparing for what will likely be a long and bloody offensive against the major base of the Taliban along the frontier.

The recent string of bloody attacks began last week when a suicide bomber blew himself up inside a heavily guarded UN aid agency in the heart of the capital, Islamabad, killing five staffers. On Friday, a suspected militant detonated an explosives-laden car in the middle of a busy market in the northwestern city of Peshawar, killing 53 people.

THE ASSOCIATED PRESS

Afghan election result coming

AFGHANISTAN Afghans will find out within days whether the election that returned their president to office in August was valid or another round of voting will be required to pick Afghanistan's leader.



Results from 13 per cent of the country hang in the balance, enough to swing the result from a win by President Hamid Karzai to a forced runoff. "We're hoping to get this done as quickly as possible and we're working flat out," said Grant Kippen of Ottawa, who chairs the Electoral Complaints Commission.

THE CANADIAN PRESS

Google Inc. says board member Arthur Levinson, who is also a director of computer maker Apple Inc., is stepping down, removing a potential conflict of interest as the two companies look to compete more directly. **THE ASSOCIATED PRESS**

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

DOLLAR	GAS	OIL	TSX
Closed	 US \$4.88 US 11¢	 US \$73.27 US \$1.50	Closed

U.S. stocks retreat as energy spikes

Investors waiting for earnings reports to flow in traded cautiously yesterday, giving up early gains and leaving the U.S. market narrowly mixed. The Dow Jones industrials reached a new 2009 trading high, edging closer to 10,000.

Volume was light because of the Columbus Day holiday in the U.S.

A weaker dollar and a spike in oil prices drove energy and materials prices higher, but weakness in technology and industrial shares held the market back.

Stocks got an early boost from a better-than-expected profit report from Dutch company Royal Philips Electronics. That sent Britain's leading stock indicator to its highest lev-

el in a year.

Investors looked ahead to the flurry of earnings due this week from key companies including Intel Corp., Johnson & Johnson, IBM Corp. and General Electric Co.

The Dow traded as high as 9,931, just 69 points away from 10,000, a level not seen in a year.

According to preliminary calculations, the Dow closed up 20.86, or 0.2 per cent, at 9,885.80.

Advancing stocks narrowly outpaced declining ones on the New York Stock Exchange, where volume came to 944 million shares compared with 990 million at the same time Friday.

At banks, investors are hoping to see signs that consumer loan defaults, in-



Trader Dudley Devine, foreground, works on the floor of the New York Stock Exchange. While Canadian stock exchanges were closed yesterday markets around the world rallied.

cluding mortgages, are starting to level off, and will be looking for any po-

tential trouble with commercial real estate loans. Overall, the market wants

to see evidence that an economic recovery is underway. **THE ASSOCIATED PRESS**

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Ex-Nortel CEO filing for \$12M pension payout

WIRELESS A spokesman for a group of Nortel pensioners and former employees was "shocked" Friday to learn that recently departed CEO Mike Zafirovski is seeking more than \$12 million US from the insolvent

Canadian technology company. Zafirovski's claim, one of many filed with a U.S. bankruptcy court that's

dealing with Nortel's restructuring, seeks "not less than \$12,250,543.48 US" — about half of it to pay for a life annuity pension benefit.

"I was amazed and I'm frankly staggered by his effrontery," said Tony Marsh, spokesman for a group called Nortel Retirees and former employees Protection Canada. Zafirovski's claims will be considered along with those filed by other former employees and pensioners, the company's suppliers and trade creditors, financial backers and governments.

THE CANADIAN PRESS

Business in brief

GOLD Barrick Gold said it has bought a 70 per cent stake in the El Morro copper-gold project in Chile from Xstrata Plc's Chilean subsidiary for \$465 million US in cash. "The acquisition of Xstrata's 70 per cent interest in the El Morro project will add another large, high quality gold-copper resource to Barrick's portfolio," said Aaron Regent, president and CEO of the Canadian company. The other 30 per cent interest in El Morro is owned indirectly by New Gold Inc.

THE CANADIAN PRESS

3-D technology could be headed for your living room

ENTERTAINMENT Now that 3-D movies are popular in theatres, the next starring role for this digital technology could be the living room.

Major TV makers are moving to 3-D TVs, hoping that consumers will want to feel like they're almost inside what they're watching, but analysts say it could be years before it's mainstream.

Mitsubishi has a 3-D ready TV and Sony and Panasonic are among man-

ufacturers that are expected to hit the market in 2010 with TVs that could cost at least \$5,000 US.

Consumers will still have to wear special glasses. The manufacturers are fol-

lowing the lead of the movie major studios, which have embraced 3-D with animated movies like *Monsters vs. Aliens* and *Cloudy With A Chance of Meatballs*.

Director James

Reusable 3-D glasses distributed at movie theatres, pictured at left, may start to pop up in homes if 3-D TV catches on.

ETHAN MILLER/GETTY IMAGES

Cameron of *Titanic* fame is releasing his widely anticipated 3-D movie, *Avatar*, which is part animation and part live action, in December in theatres.

But consumers won't be sitting down to watch their favourite program in this dimension any time soon.

"You're looking at many, many years hence before any kind of typical television programming would be 3-D," said Forrester Research analyst James McQuivey. **THE ASSOCIATED PRESS**



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Dartmouth Community Health Board
Oct. 6 Dartmouth North Community Centre
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Chebucto West Community Health Board
Oct. 7 Our Lady of Lebanon Church
3844 Joseph Howe Drive, Halifax

Southeastern Community Health Board
Oct. 8 Cole Harbour Library
Cole Harbour Place
51 Forest Hills Parkway
Dartmouth

Eastern Shore/Musquodoboit Community Health Board
Oct. 14 Gaetz Brook Junior High School, Cafeteria
6856 Highway #7, Gaetz Brook

West Hants/Uniacke Community Health Board
Oct. 15 Three Mile Plains Community Hall
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Cobequid Community Health Board
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Our Health Community Conversations is an initiative of the seven Community Health Boards of Capital Health.



Wide-scale carbon capture still out of reach: Researchers

GAS The pieces of a carbon capture and storage puzzle have been around for a while, but there's a long way to go before those fragments can be assembled at a big enough scale and cheap enough to put a worthwhile dent in greenhouse gas emissions. "At large scale it's not been done, and we need to learn how to do it in a much more cost-effective manner," said Eddy Isaacs of the Alberta Energy Research Institute.

The technology got a \$865-million boost from the Alberta and federal governments last week.

THE CANADIAN PRESS



Tuesday, October 13, 2009

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business 11

Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Turning back to cash

AlisonOnMoney

Alison Griffiths

metronews.ca/alisononmoney

This just in from the recession wars south of the border. Americans are turning to debit cards and away from credit cards, according to the Washington Post. The annualized decline of 8.1 per cent in the use of credit is the first in decades and is matched by an increase in debit cards and cash for purchases.

But beware, even with debit cards and cash there are pitfalls. First of all, pernicious overdraft protection makes it almost as easy to tip into debt as with credit cards. And the protection comes at a price — 21 per cent interest on

the overdrawn balance plus a \$5 fee for each overdrawn transaction is the average at the major banks, depending on your account. Carrying a balance on a low-interest credit card would actually be cheaper.

Additionally, debit card devotees can run up fees if you go over the transaction limit for your account. And don't forget, even with premium accounts there are usually charges for withdrawals at non-home bank machines, typically at least \$1.50 each.

I often put the overdrawn,

overdebited and overcharged on a cash diet for awhile, but long term it makes tracking spending difficult unless you are vigilant about recording purchases. You know how it goes, the machine spits out \$100, it's gone within a day and you haven't a clue where it went.

Debit cards really are great tools if you avoid the fees and don't use overdraft protection. You can easily track your purchases every month which helps you stay on budget.

Make sure you check your balance regularly and stay on top of automatic debits. Here's a tip: Ad-just those debits so

"You know how it goes, the machine spits out \$100, it's gone within a day and you haven't a clue where it went."



Alison's Money Rule:

- Getting into the debit card and cash habit can help you break the credit card habit. But it only works if you know the pitfalls.

they come out of your account a day or two after your paycheck is deposited. That way you won't get a false sense of riches when you see your balance.

As for cash, limit yourself to a set sum for incidentals; take out that money once a week and make sure it lasts until the next withdrawal.

Alison Griffiths is a financial journalist, author and host of Moxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

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Debit cards really are great tools if you avoid the fees and don't use overdraft protection.

Deferring collection to age 70 could pay under CPP changes

PENSION Deferring collection of your Canadian Pension Plan benefits could pay off financially under proposed changes to the CPP rules, but first it's important to undertake the somewhat morbid task of figuring out how long you expect to live.

The proposed changes, which will begin to be phased in in 2011 if they're approved by Parliament and the provincial governments, aim to provide retirees and older workers with greater flexibility and more choice.

If implemented, the changes would increase or decrease pension adjustments for people who choose to receive their CPP benefits either earlier or later than the normal collection age of 65.

Currently, the amount a person receives is reduced by 0.5 per cent for each month the pension is taken before age 65 to a maximum of 30 per cent. Conversely, the pension is increased by 0.5 per cent for

Other changes

- People would be allowed to receive their CPP benefit at age 60 while continuing to work full-time. Currently, workers have to either stop working or reduce their wages.
- People who receive CPP while working would be allowed to continue to make contributions to the plan, which will increase their overall retirement benefit.

each month it's taken after age 65 to a maximum of 30 per cent.

The changes will increase the early pension deduction to 0.6 per cent per month to a maximum of 36 per cent, while the late pension increase will be 0.7 per cent per month to a maximum of 42 per cent.

"We find very few people actually postpone retirement past 65 because a lot of people don't realize that you actually get a premium if you're willing to

postpone your CPP as late as 70," said David Ablett, director of tax and retirement planning at Investors Group. "It's almost like a race where somebody starts earlier but the person who starts later is a faster runner."

Ablett said the proposed changes make it more attractive than ever to defer receiving your CPP as long as possible — assuming you expect to live a long time.

"The more confident you are in your life expectancy, the more attractive the deferral becomes, because eventually you will generate a higher cumulative income from CPP by waiting, rather than starting early," he said. **THE CANADIAN PRESS**

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Henry Choo Chong

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Robert Kiyosaki will not attend this workshop.





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Sports

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA



Mouzar misses playoffs

Mayflower's Jill Mouzar, left, finished with a 1-3 record at the World Curling Tour's Trail Appliances Curling Classic in Calgary on the weekend. Mouzar missed the playoffs at the \$56,000 event, the first of the Grand Slam of Curling season.

METRO HALIFAX

Dunbrack wins bronze at nationals

MATTHEW WUEST
matthew.wuest@metronews.ca

For the second year in a row, Nova Scotia has won a medal at the Canadian senior women's soccer championship.

Halifax Dunbrack followed up last October's gold-medal win by Halifax City with a bronze-medal finish yesterday, earning a 2-0 victory over the host Saskatoon NATA.

The provincial champions just missed a shot at the gold-medal game after going 1-1-1 in the round robin.

"We had a great tournament and we feel really good about it," said Dunbrack head coach Jack Hutchison. "We could very easily have been in the gold-medal game and we were unfortunate not

"We could very easily have been in the gold-medal game and we were unfortunate not to have done better, but we played great today."

Dunbrack coach Jack Hutchison

to have done better, but we played great today. Our goaltender never even touched the ball in the second half."

Victoria won gold with a 5-4 win over British Columbia.

Defending national champion Halifax City, at the tournament courtesy of a wildcard berth, went 0-2-1 in the round robin. The club defeated Manitoba's Winnipeg South End United 4-3 in yesterday's seventh-place game.

The recent national success is encouraging for

Nova Scotia.

"There's a feeling from the kids that we're definitely competitive in this tournament," Hutchison said.

"The girls understand now how City won a gold medal. They know what it takes to win and they know they have the ability to do it."

In men's action, Halifax City went 1-1-2 in the round robin and ended up defeating Manitoba's Huskie United Alumni 4-3 in the seventh-place game yesterday.

Injury sidelines Herd blue-liner

Abeltshauser could be gone for about a month

MATTHEW WUEST
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The Halifax Mooseheads have been kicked while they're down, and it might get worse before it gets better.

The Mooseheads were hammered 8-1 by the Moncton Wildcats on Sunday in the first of five straight games on the road and, in the process, lost top-four defenceman Konrad Abeltshauser for about a month because of a broken wrist.

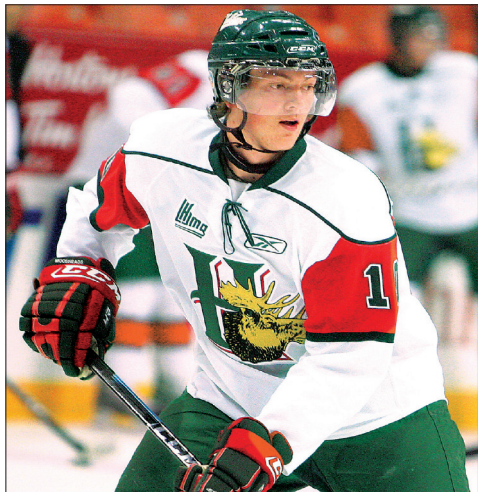
Abeltshauser, a rookie from Germany, was playing big minutes and had two goals and four assists in 12 games.

Both setbacks were heavy blows to the Mooseheads, already firmly last in the QMJHL with a 1-10-1 record.

"We can't let something like this discourage us," said head coach and general manager Cam Russell, of the 8-1 loss and the injury to Abeltshauser. "We have to regroup, stick to our plan and keep moving forward. We can't sit around feeling sorry for ourselves. That's not going to solve anything."

Although Sunday marked Halifax's worst loss of the season, Russell wasn't reading too much into it. The Wildcats were awarded six first-period power-plays and converted three times for an early 3-0 lead. They finished 5-for-12 with the man advantage and fired 47 shots on goal.

With Abeltshauser out and four Mooseheads blue-liners in the penalty box in



Mooseheads defenceman Konrad Abeltshauser may miss a month after his wrist was broken on Sunday.

For more coverage of the Mooseheads, follow @metrofiles on Twitter or visit: metronews.ca/qfiles

the third period, forwards Travis Randell, Gerrad Grant and Brent Andrews were forced into action on defence. Moncton scored four times in the third.

"It's tough to get a read on a game like that where you give up that many power plays to a powerhouse like Moncton," said Russell, who opted against commenting on the officiating. "It's hard to get a read on what our start would have been like because we spent the whole first period in the penalty box."

Rookie defenceman Steve Gillard (hip flexor) missed

Sunday's game, leaving the Mooseheads with six healthy defencemen. Russell said he won't recall anybody.

The Mooseheads leave tomorrow for a three-game road trip to Quebec. They face the Remparts (6-2-3) in Quebec City on Thursday at 8 p.m. and visit the Chicoutimi Saguenéens on Friday and the Baie-Comeau Drakkar on Sunday.

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Huskies hot heading into game with McGill

CIS The Saint Mary's Huskies are heading into a pivotal interlock game with the McGill Redmen on a four-game winning streak with a berth in the Atlantic University Sport playoffs.

The Huskies dumped the Mount Allison Mounties 35-7 on Saturday in Moncton to improve to 4-1. Second-year running back Devon Jones rushed for 123 yards

and two touchdowns and caught a three-yard pass for a third major.

Veteran receiver Carl Hardwick hauled in a pair of touchdown passes, while second-year quarterback Jack Creighton went 11-of-15 for 134 yards and three touchdowns.

The Huskies are still chasing the 5-0 St. Francis Xavier X-Men, who beat the

Acadia Axemen 21-10 on Friday.

Saint Mary's visits McGill (3-2) for a 2 p.m. contest on Saturday.

Montreal beat the Sherbrooke Vert et Or 29-11 earlier in the season. The Huskies, meanwhile, needed a last-minute touchdown to narrowly beat Sherbrooke 26-23 on Sept. 26.

METRO HALIFAX

Beckham heading back to AC Milan?

AC Milan CEO Adriano Galliani says it looks good that David Beckham will join the club on loan again from the MLS's Los Angeles Galaxy in January. Beckham performed well in a six-month loan with Milan last season, and wants to return to Europe to maintain his place on England's World Cup squad. **THE ASSOCIATED PRESS**

sports **15**

Getzlaf siblings no rivals

Ryan's older brother Chris emerging as CFL star with Saskatchewan

STEPHEN JOHNSON
for Metro Canada



It wouldn't be surprising if Chris Getzlaf felt a twinge of sibling rivalry. His younger brother Ryan has already won a Stanley Cup, signed a multi-million dollar contract, and appears to be a shoe-in for the Olympic hockey team. But Chris is an outstanding athlete in his own right and does not harbour any jealousy.

Getzlaf is a starting slot-back with the Saskatchewan Roughriders. The road to the Canadian Football League was not an easy one for the six-foot, 200-pound University of Regina product.

"Whether it was the high school or professional level, I was never an immediate

"Every young kid in Regina thinks about playing with the Saskatchewan Roughriders."

Chris Getzlaf

starter," said Getzlaf. "I have always had to work hard and prove myself to the coaches."

Getzlaf did have an opportunity to start in 2006 with the University of Regina Rams. He played well enough to attract the attention of CFL scouts and was drafted by the Hamilton Tiger-Cats in 2007.

After a brief stint with the Ticats, Getzlaf was traded to his hometown Saskatchewan Roughriders.

"It was a dream come true to return home and play with the Riders. Every young kid in Regina thinks

about playing with the Saskatchewan Roughriders."

Even though Getzlaf saw limited playing time with the Roughriders in 2007, he was lucky enough to be a part of a team that won the Grey Cup. He saw more duty in 2008 starting five games with 15 receptions for 244 yards.

So far, the 2009 season has been Getzlaf's most productive. To date, the slot-back has caught 28 passes for 346 yards and four touchdowns.

While many players would be content playing

for their hometown team and being a starter, Getzlaf has his sights set higher. "I would like to get to the point where the quarterback and coaches want to throw to me in the clutch situations. Eventually, I am hoping to win Canadian player of the year."

When Getzlaf is not playing football, he keeps in close contact with his brother. He describes their relationship as one of healthy competition.

"Growing up, Ryan and I played sports together on a fairly regular basis," he said. "Even though I'm a couple of years older we even played on the same hockey team."

"I can also say that whenever we got in the normal brother wrestling matches or fights, I was always the victor!"

Baseball **Phillies advance**



Philadelphia Phillie Shane Victorino is safe at third as Colorado Rockies Garrett Atkins steps on the bag yesterday in Denver. Phillies rallied past the Rockies 5-4 to reach the National League Championship Series by winning their division series 3-1.

Sports in brief

NHL The return of the Quebec Nordiques to the NHL may be one step closer to reality. Quebec City mayor Regis Labeaume

confirmed Saturday that he met with NHL commissioner Gary Bettman along with former Nordiques owner Marcel Aubut.

NHL A new hockey book says the NHL's Edmonton Oilers and Toronto Maple Leafs almost traded cities in the early 1980s.

The biography of one-time Oilers owner Peter Pocklington says Leafs owner Harold Ballard made the proposal in 1980.

NFL The Revs. Al Sharpton and Jesse Jackson attacked the bid by Rush Limbaugh to buy the St. Louis Rams yesterday, saying

the conservative radio host's track record on race should exclude him from owning an NFL team. **METRO NEWS SERVICES**

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Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Canadian food, eh?

Be proud, eat homegrown nutritious commodities

CELIA MILNE
For Metro Canada



We're all familiar with Chinese food and Italian food, but what is Canadian food?

David McInnes says it's a wide variety of fresh, healthy foods.

Instead of poutine and beaver tails, Canada should be known for homegrown, nutritious commodities:

Fish from our lakes and oceans, grains grown on our prairies, and fruits and vegetables in abundance all over the country.

Promoting the Canadian diet is good for health and good for agriculture, says McInnes, who is president and CEO of the Canadian Agri-Food Policy Institute (CAPI) in Ottawa. "We need to recognize that, hey, we do have foods in Canada that are safe, healthy and

are produced in a sustainable way," he says.

"We have a Canadian diet and we should be proud of what we produce and eat."

The idea of the "Canadian diet" was developed by CAPI as a starting point to help counter the rising epidemic of obesity in this

country and boost the ailing farming industry. Here's how it might work:

- Get people to stop eating junk food and turn to fresher, locally-grown food — salmon, sweet potatoes, carrots, berries, whole grains, spinach, dairy products such as milk, yogurt and cheese, flax, lean meats, and a wide array of other fruits and vegetables.

- Invest in advanced research to find out which foods promote health. For instance, what are the health benefits of oats and barley? Take that research from the laboratory to the marketplace.

- Support innovation in the agriculture industry.

- Improve the regulatory environment for farmers.

- Promote strategies that drive up exports.

The concept sprouted wings, says McInnes, "generating considerable national interest in newspapers, radio and the trade press."

Dietitians have been promoting this way of eating



Instead of poutine and beaver tails, Canada should be known for its homegrown, nutritious commodities, such as local fish, grains, fruits and vegetables.

for years. "Canada produces some of the world's healthiest and most versatile ingredients. Many, such as canola, salmon, pulses (dried beans and lentils) and flax provide general health benefits by helping

to reduce the risk of developing chronic diseases like heart disease and cancer, while others have more specific benefits," says Mary Sue Waisman, a registered dietitian who works with Dietitians of Canada.

Spinach contains lutein which may help keep eyes healthy

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Health in brief

FOOD Chili peppers contain the powerful phytochemical capsaicin, and the hotter the pepper the more capsaicin it will contain. Capsaicin helps fight inflammation (ironically) as it helps prohibit Substance P, a neuropeptide linked to in-

flammation. Chilis also help prevent sinusitis and relieve congestion. When consumed the burning heat will stimulate secretions in the nose, helping to clear out mucus. Varieties of chilli peppers such as cayenne have been

shown to reduce blood cholesterol. Its bright redish coloring indicates high levels of beta-carotene or Pro Vitamin A, which plays an essential role in boosting the immune system.

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Morality or justice?

Prostitution laws don't protect the vulnerable in our society

The J Spot

Josey Vogels

metronews.ca/thejspot

The polarization of the debate surrounding the current court case challenging Canada's prostitution laws raises difficult questions about the role morality should play in lawmaking.

Toronto dominatrix Terri-Jean Bedford and prostitutes Valerie Scott, 51, and Amy Lebovitch, 30, are asking Ontario's Superior Court of Justice to decriminalize prostitution, saying current laws make it dangerous for women working in the sex trade.

Opponents claim decriminalization of prostitution condones the selling of sex and that is wrong.

"There should be legal limits on sex, but they should be there to protect vulnerable people, not to reflect or dictate our sexual morality."

But is it really up to the law to decide whether the selling of sex is right or wrong?

Originally outlawed under Victorian social-hygiene-policy-based "vagrancy laws" — which also applied to jugglers, loafers and other general undesirables — this was considered discriminatory when Canada's first criminal code was passed in 1892. So to satisfy moral objection to prostitution, the buying and selling of sex was made legal, but "soliciting" was not. Which is sort of like trying to be a door-to-door salesman who isn't allowed to go door-to-door.

Also, pretty much every activity surrounding prosti-

tution — communicating, bawdy houses, and pimping, to name a few — is illegal. But, despite all this, the sex trade continues to flourish. In other words, outlawing prostitution doesn't make it go away.

Besides, if you think prostitution should be outlawed because you have a moral objection to the commercialization of sex, well, in today's society, there isn't much that isn't turned into a commodity. Why is sex so sacred it can't be bought or sold?

It's anyone's moral right to frown on prostitution, but morality doesn't justify putting women in danger. The law is intended to protect the vulnerable in our society.

According to Statistics Canada, prostitution is in the top three most risky professions along with cops and cab drivers. Given that, I'd say these (mostly) women fit the description.

Still, prostitution laws achieve the opposite. Because "communicating" is illegal, street workers have to jump in cars with strangers to negotiate their terms. The streets aren't safe, but because bawdy houses are illegal, they can't go indoors. And one need only look at the Picton Pig Farm case for more proof of this job's hazards.

There should be legal limits on sex, but they should be there to protect vulnerable people, not to reflect or dictate our sexual morality. To look to the law to tell us what is healthy when it comes to sexuality is just wrong.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.



Is it really up to the law to decide whether the selling of sex is right or wrong, questions columnist Josey Vogels.

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DENISE SURETTE
for Metro Canada

Trying new ways to fight extra pounds can be a frustrating experiment in finding what works for you.

Finding your own individual needs is often the best way to battle the bulge.

Dr. Afsoon Khalili, professor at the Canadian College of Naturopathic Medicine, says this is exactly how naturopathic doctors help patients with weight problems and related diseases, such as diabetes and heart disease.

"Naturopathic medicine is individual," says Khalili. "We try to find the individual reasons why."

Khalili says that people overeat for many reasons, and getting to the root of it is a start in the right direc-



A teaspoon of cinnamon in your food once a day can help curb your appetite.

ing, or it can be the result of emotions and stress.

"Sometimes we recommend counseling to deal with these emotions," says Khalili.

Besides the emotional side of eating, there are a few tricks that can help you begin losing those extra pounds. Khalili recommends not eating after 8 p.m. to let your digestive system rest overnight and improve sleep. Putting a teaspoon of cinnamon in your food once a day can help regulate blood sugar and curb your appetite.

The most important thing Khalili says to remember is to make permanent nutritional changes, a temporary diet will only give temporary results. "It's a lifestyle change," says Khalili.

Pure, organic skin care line

BEAUTY Bye bye strong scents, chemicals and synthetic ingredients. Hello pure, organic skin care.

More and more companies are launching the kinds of creams and lotions that a few years ago were only found in health-food stores.

Look for Consonant Body Organic Skincare products, made in Canada, now available at selected large depart-

ment stores, or at consonantbody.com.

Consonant has recently released a 99 per cent natural foaming face wash and a new, organic hand cream to go with their soaps and lotions introduced last year.

Their slogan, happily embraced by Canadians, is "what goes on your body goes in your body."

CELIA MILNE/FOR METRO CANADA



Consonant Organic Foaming Face Wash (\$18/125mL), left, and Organic Intense Therapy Hand Cream (\$20/125mL).

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Parents: Lead by example

Providing kids with healthy options at home is a good start

DENISE SURETTE
for Metro Canada

Numbers prove that childhood obesity is on the rise. More and more kids today are overweight, obese and developing weight related diseases at younger ages.

So how can parents take an active role in preventing weight issues, or deal with an existing problem?

Catherine Walsh, dietician with I.W.K Children's Hospital in Halifax, N.S., says that showing your kids how to eat properly is essential.

"It's important for parents to set an example," says Walsh. "They should be eating properly and making meal times a priority."

Providing healthy options at home for their kids and themselves is a start in the right direction. Walsh believes sitting down with your kids for meals and talking about where your food comes from will help develop positive relationships with food. Taking action as a family to throw out junk, and start making healthful foods together will get kids on board with a healthier lifestyle.



Help your children avoid obesity by getting them excited about food. One way is by asking them to assist with meal preparation.

"Sit down and talk to your family," says Walsh. "Go to the grocery store or the farmer's market and make an adventure out of it."

Making healthy eating fun for kids is important, says Walsh. She says a few great ways to get them excited about dinnertime

are to get them to help you make dinner, try new types of food together, and make fun treats like smoothies.

She also says to keep track of what your family is eating. Check that your family is getting all the food groups each day. Walsh says it can be fun

"(Parents) should be eating properly and making meal times a priority."

Catherine Walsh,
dietician

for kids to learn the food groups and get them involved, have them check their own meals to see if there are vegetables, fruit, protein and grains in each meal.

One mistake that can happen, says Walsh, is being critical of what your child is eating.

"Let your kids guide you," says Walsh. "It's a sensitive topic for some people, don't come down too hard on them about food."

New parents can be especially vulnerable to anxiety regarding what to feed their child. Walsh says it's important to read up on nutrition for babies and toddlers, making sure they are eating the right foods. She also says you don't need to buy special food for toddlers; whole foods like apples and bananas are better than processed or boxed food.

"Parent should trust themselves and have a relaxed, positive attitude towards food, and your kids will too," says Walsh.

Healthy meal ideas

So how can you take advantage of the healthy Canadian diet? Metro asked the Canadian Agri-Food Policy Institute, along with the Dietitians of Canada, to come up with some purely down-home ideas for our kitchens.

• **Maple Marinated Salmon:** Grilled on a Cedar Plank; top with a blueberry salsa made with chopped blueberries, red bell and jalapeno peppers and apples with fresh mint and a drizzle of canola oil and apple juice.

• **Backyard Garden Salad:** Made with spinach, romaine and local chopped veggies topped with finely diced Oka cheese and your favourite lower fat vinaigrette.

• **Cauliflower au Gratin:** Tender cauliflower topped with melted Canadian mozzarella cheese.

• **Hot-bag Vegetables:** Toss a variety of lightly oiled root vegetables (such as carrots and parsnips), bell peppers and cauliflower, seasoned with herbs and spices, into a roasting bag. These are heat-resistant, clear plastic bags with plastic closures. Place the bag of vegetables in a vegetable basket on a preheated barbecue



and cook for 17 to 20 minutes, until tender. This can be done in a preheated oven at 350F if preferred.

• **Carrot, Mushroom and Green Onion Barley Pilaf:** Sauté ½ cup each of green onions, carrots and mushrooms in 2 tablespoons of canola oil; add 1 cup of barley, ¼ cup ground flaxseed, a few sprigs of fresh thyme and 3 cups of water or chicken broth and simmer until barley is soft and liquid has evaporated.

• **Platter of Canadian Cheese:** Include brie, cheddar and feta cheeses with some dried apricots, blueberries and cranberries; use any leftover cheese in school lunches — simply add some whole grain crackers, a container of yogurt and fresh grapes for a healthy quick lunch.

CELIA MILNE/
FOR METRO
CANADA



A holistic approach to breast cancer

ROMINA MCGUINNESS
Metro World News

"It takes just two words: breast cancer, to change someone's life," says breast oncologist Dr. Marisa Weiss.

The way the mind connects to the body plays a huge part in the patient's battle against cancer.

In hospital you'll have doctors dealing with physical issues but what is often neglected is the patient's state of mind.

"It's essential doctors find out what's going through a woman's mind to address underlying issues including lack of sleep, anxiety or intimate concerns. Breast cancer sufferers tend to place the blame on themselves; heavily questioning their lifestyle and the person they used to be."

Although not cures per se, holistic treatments focus on getting women to

take the time to address their mind and their body following the intrusion and exhaustion of surgery or chemotherapy.

Yoga

"Yoga brings a lot of things; but the breathing is key as it brings relaxation and meditation. Whether anxiously awaiting test results or unable to sleep, yogic breathing will help keep focus. Yoga also builds up physical strength, corrects posture, balance, flexibility and range of motion. Following diagnosis, women often feel their body has betrayed them, yoga helps re-build their body confidence."

Acupuncture

"Acupuncture — where fine needles inserted in the body's 'meridians' help the positive flow of energy throughout the body — soothes headaches,



nausea, pain and discomfort caused by treatment."

Weiss does hold one reservation with the technique, "never place needles in the arm adjacent to the affected breast, as this may cause Lymphedema." Here the lymph system is damaged or blocked causing fluid to build up in soft tissues creating swelling or infection. In this case, patients can choose to undergo "Acupressure," where pressure is applied to specific spots with the hand instead of needles.

Nutrition

Modern days diets can be unhealthy; most people eat processed foods daily. According to Weiss, "we should be eating between

five and nine fruit and vegetable servings a day, seeking out organic sources when possible to avoid consuming pesticides. Low fat, non-dairy options are best and fried foods should be avoided alongside the frequent consumption of red meat, which can contain hormones." That's just the starting point. Weiss insists there is a link between breast cancer and alcohol consumption, "limiting your intake to five drinks a week is a good benchmark — the more you drink, the higher your risk."

Hypnotherapy

Hypnotherapy uses a technique where the mind talks to the body, known as cell command therapy. Hypnotherapist, Marisa Peer, explains how the method is based on how the body mimics the mind. Patients must tell cells



Acupuncture — where fine needles are inserted into the body's 'meridians' — is said to help soothe the headaches, nausea, pain and discomfort caused by breast cancer treatment.

what to do and how to behave, imagine their cancerous cells being devoured.

Cancer brings fear and anxiety, "the power of the mind is amazing," explains Peer. "Once a woman is diagnosed with breast cancer she is confronted with the fear of dying. Hypnotherapy allows women to communicate

with their body, get rid of this fear and make their imagination work with them rather than against them.

Most women are terrified of chemotherapy and medication, under hypnosis they can tell their mind to embrace treatment, helping the body to respond to it more effectively.

Local versus Sustainable

Sustainable food is not always local, but is produced in a socially responsible manner. Sustainable coffee beans, for example, may travel far to reach your table in Canada, but the coffee is grown on perennial bushes that don't require plowing, which keeps soil carbon stored in the ground. **THE CANADIAN PRESS**

Food

Nancy Tringali Piho, author of *My Two-Year-Old Eats Octopus: Raising Children Who Love to Eat Everything*, is one of several culinary authors with recent books offering personal stories and tips for foodie parents looking to share the meals they love with their children.

THE CANADIAN PRESS



EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Dish up Indian flavours this Diwali

In the spirit of Diwali — India's best known festival, which this year falls on this Saturday — Metro nabbed a few more delicious and simple recipes from *Everyday Indian: 100 Fast, Fresh, and Healthy Recipes* by Bal Arneson.

After publishing the Vancouver author's terrific Tandoori Quesadillas earlier this year (which can be found at metronews.ca, if you enter the recipe name into the Search field), we just had to go back for more. *Everyday Indian* (Whitecap Books) is available in bookstores now.

Salmon Paneer Cakes

MAKES 6-8 PIECES

Serve with Mint Chutney, Peach Chutney or Yam and Red Onion Chutney.

INGREDIENTS:

- One 6 oz can salmon, drained and liquid

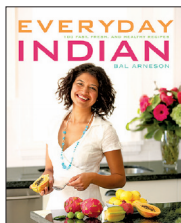
squeezed out

- 3/4 cup grated paneer (see below)
- 1/2 cup low-fat plain yogurt
- 1/4 cup finely chopped red onion
- 1/4 cup chick-pea flour
- 1 tsp garam masala (see below)
- 1/2 tsp salt
- 2 Tbsp grapeseed oil

METHOD:

Combine all the ingredients except the oil in a bowl and mix until the flour is evenly distributed. Make small cakes (1-inch patties). Heat the oil in a non-stick skillet over medium heat and pan-fry the patties on both sides until golden brown.

- **Note:** Adding 1 tsp of dried fenugreek leaves, 1 tsp of chana masala, and 1 Tbsp of finely chopped gin-



Salmon Paneer Cakes, a recipe from *Everyday Indian*.

ger gives an enticing aroma to the cakes. You can also sprinkle fresh lemon juice over the cakes just before serving to brighten all of the flavours.

Homemade Paneer

INGREDIENTS:

- 1 gallon (4 L) 2% milk
- 1/2 cup plain white vinegar
- One 20-inch-square piece of cheesecloth

METHOD:

Bring the milk to a boil in a large pot. Add the vinegar and stir until the mixture separates into solids and liquid. Drain the mixture through cheesecloth. Wrap the curd with the cheesecloth, place in a sieve, and put a heavy weight on it, such as a cookie jar or rice contain-

er. Let the water drain completely for 20 minutes.

Remove the cheesecloth and cut the paneer into small cubes. Use immediately or refrigerate in a covered container for up to 5 days.

- **Note:** Pan-frying helps to keep the paneer cubes from falling apart. Place 2 Tbsp grapeseed oil in a non-stick pan over medium heat. When the oil is hot, gently place the paneer in the pan and cook until golden-brown. Gently flip the pieces and brown the other side. Pan-fried paneer freezes and thaws very well without crumbling.

Garam Masala

MAKES 1 CUP

INGREDIENTS:

- 1/2 cup coriander seeds
- 1/2 cup cumin seeds
- 1/4 cup dried curry leaves
- 1/4 cup black peppercorns
- 1/4 cup mustard seeds
- 3 whole cloves
- 2 black cardamom pods
- 2 cinnamon sticks, each 3 inches long
- 2 bay leaves

METHOD:

Preheat the oven to 325°F. Combine all the ingredients, spread them on a rimmed baking sheet, and toast in the oven for 15 minutes. Let cool and process to a fine powder in a grinder, such as a coffee grinder reserved for this purpose. Stored in an airtight container in a cool place, it should keep well for 3 months.

Liquid Assets

Peter Rockwell

metronews.ca/liquidassets

Hearty quaffs

Even if you're a dedicated sun worshipper, it's still hard not to love fall. While there may be a chill in the air, with the leaves changing and the harvest in full swing at farms and vineyards across the country, there's no better time to be Canadian.

Autumn is the season

where fresh produce really influences what happens in the kitchen with hearty stews, game meats and plenty of rustic comfort food dominating the dinner table.

Though I've never been one to relegate a certain style of wine to a spot on the calendar some just echo the personality of a season so well that there's a real unifying connection.

The juice from France's Rhone Valley taste like October — especially its reds. They're typically easier drinking than most French with wines like M. Chapoutier's 2007 Belleruche Côtes du Rhône (\$17.80 - \$19.29), offering a mouth full of

licorice, spice and dark fruit, thanks to its blend of grenache and syrah.

The viognier grape also calls the Rhone home, but Chile is working wonders with it as well. With forward leachy fruit and a lingering white pepper bite Cono Sur's 2008 Viognier (\$9.99 - \$11.99) is a tasty fall weather white.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyday wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.



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Corrine Gehrels, a flight attendant on Oprah Winfrey's private jet, has filed suit against the talk show host after she was fired for allegedly have sex with the plane's head pilot while Winfrey and guests slept during a flight. **METRO NEWS SERVICES**

Entertainment

EDITOR: DEAN.LISK@METRONWS.CA

New Michael Jackson single debuts online

MUSIC

Michael Jackson returned to the airwaves yesterday with a new song — the first from an upcoming musical documentary featuring the late superstar.

It is the first new material by Jackson to be released since his death in Los Angeles on June 25.

Jackson sounded confident and almost playful on This Is It, which features his trademark breathy vocal style, perfected over the years since he was a child sensation with the Jackson Five.

THE ASSOCIATED PRESS



Jackson

Hugh Dillon returns to rock

Flashpoint star, ex-Headstone releases album

MAUREEN LITTLEJOHN
for Metro Canada

Hugh Dillon, former Headstone turned TV star, has often depended on the musical muse to lead him in the right direction.

"I got in the habit of songwriting long ago, it was consistent when everything else wasn't consistent," the 46-year-old explains, referring to when his hard rocking group disbanded in 2003.

Works Well With Others, his new solo album out on Warner Music today, features a couple of songs heard on the two shows he stars in, Flashpoint and Durham County.

The music is muscular yet introspective, filled with clear-headed determination. What did he intend with the title? "Well, it was something written on my report cards when I was a kid until one day it wasn't," he says. The angry young punk has come full circle.

Produced by Paul Langlois of the Tragically Hip, the album is a farewell to the boozed up addict who didn't think he'd see age 40. First song Friends of Mine, is spare and to the point, a confessional of sorts. "I lost a lot of friends, it's part and parcel of the lifestyle. When you're young you emphasize the drugs and rock 'n' roll. But they take over life. I knew I had to change everything." Dillon packed his bags and headed to Los Angeles (where he still lives) to start over. "It was terrifying. I had a s---y little apartment and my guitar. I had to fight depression and misery and rise above the problem. Once I had identified that the problem was me, I had a shot."

Acting in indie movies Hard Core Logo in 1996, and Down to the Bone in 2004 helped land him plum roles in Durham County and Flashpoint. He credits his wife, Midori Fujiwara, for supporting him as he got his life back together.

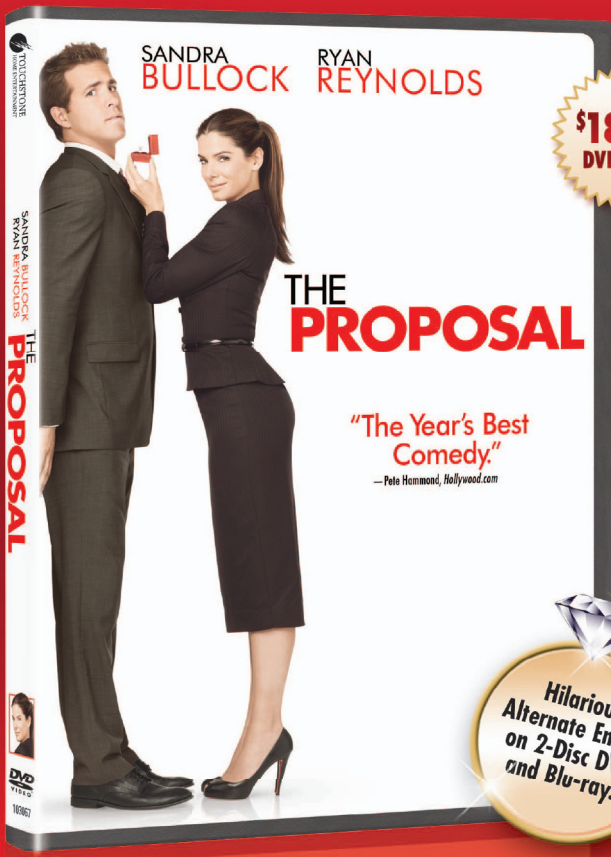


Works Well With Others is the new album from Hugh Dillon.

"We've been together 21 years. I wrote the song Puzzle I Am for her. It's very different for me, no rage, and no heavy rock 'n' roll. It was liberating."

"The Year's Best Comedy."

—Pete Hammond, *Hollywood.com*



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*\$18.47 DVD Price valid October 13 - October 16 at select Loblaws, Atlantic and Real Canadian Superstores. Distributed by Buena Vista Home Entertainment, Inc., Burbank, CA 91521. © Buena Vista Home Entertainment, Inc.

Hurtin' Hamm

Mad Men's Jon Hamm was sporting a hole-punch-sized crater in his neck during a visit to The Late Show with David Letterman after being injured on the set of his upcoming film The Town. **METRO WORLD NEWS**



Dark intrigue in Hollywood

Stardust

Author: Joseph Kanon
Publisher: Atria Books
Price: \$36 (Hardcover)



In the thrilling post-Second World War novel *Stardust*, protagonist Ben Collier enters the world of American filmmaking only to become embroiled in a plot of epic proportions. He's returned from serving in Europe to California, where he finds his director brother Daniel comatose after a fall from a window. When Daniel dies, Joseph wonders whether it was accident, suicide or something more. His hunt leads him to discover an anti-Communist government offensive focused on the film industry and his brother's role in it. Mixing real figures with fictional ones, Kanon creates an engaging mystery and depicts an era faithfully.

Canada and Other Matters of Opinion

Author: Rex Murphy
Publisher: Doubleday Canada
Price: \$32.95 (Hardcover)



In *Canada and Other Matters of Opinion*, the country's favourite commentator, Rex Murphy, delivers a printed collection of his cutting perspectives on topics ranging from politics to pop culture. The CBC personality and frequent Globe and Mail contributor scrutinizes and deconstructs public figures from Adrienne Clarkson to Pamela Anderson, underscoring his observations with a trademark sarcastic edge. Whether he's assessing the cultural meaning of Tim Hortons or the ambiguities of the tri-party coalition that couldn't, Murphy possesses an unabashedly Canadian eye.

When the Rivers Ran Red

Author: Vivienne Sosnowski
Publisher: Palgrave Macmillan
Price: \$34.50 (Hardcover)



When Prohibition took hold in the U.S. in 1919, the crackdown on liquor and beer hampered more than the indiscretions of urban socialites. Banning alcohol meant destroying a way of life for its sellers, manufacturers and transporters. In *When the Rivers Ran Red*, newspaper editor Vivienne Sosnowski uncorks the history of wine production south of the border, chronicling the risk vineyards took to stay afloat. She reveals the fantastic gun battles and the illegal manoeuvres of law enforcement officials that ensued when the government stomped on an industry. — **BRIAN COULTON/** FOR METRO CANADA

BookPicks

DVD picks

The Proposal

Director: Anne Fletcher

REVERSE SEXISM is at work in this sexball comedy starring Sandra Bullock and Canada's Ryan Reynolds, a summer hit that provided major career boosts to both.



Bullock is the poor man's Meryl Streep in her role of New York book editor Margaret, who boots around and then seeks to wed her assistant, Andrew, played by Reynolds. Margaret is an uppity Canadian — irony alert! — whose U.S. residency is about to be revoked by an overzealous immigration agent (Denis O'Hare). She conspires a shotgun marriage with U.S.-born Andrew to save her status.

City slicker Margaret has to cope with the Alaskan foibles of Andrew's kooky kin, including his meddling mom (Mary Steenburgen), gruff dad (Craig T. Nelson) and

kinky granny (Betty White, ever the scene thief), whose 90th birthday occasions the trip.

The twist is that Reynolds, who normally does the hip cynic, is playing a pathetic pup heels to every cruel whim of his employer. But the freshness only lasts until the film defaults to rom-com formula. Nobody who ever attended a date movie will be surprised by what happens, but *The Proposal* has low expectations and good vibes in its favour.

Extras include an alternative ending, deleted scenes and commentaries by Fletcher and Chiarelli.

Drag Me to Hell

Director: Sam Raimi

APPLAUDING SAM RAIMI for returning to his schlock horror roots is a bit like cheering a Big Mac for tasting the same as it always does.

Sure, it's fun that Raimi took

a break from counting his Spider-Man loot to bang out a quickie thriller strongly reminiscent of his *Evil Dead* beginnings. But couldn't *Drag Me to Hell* be just a little bit more imaginative?

This time, the dead-dodging protagonist is a woman (Alison Lohman), rather than the hapless hero played so memorably by Bruce Campbell.

Lohman's character, Christine, is just too dumb to warrant the supernatural abuse she endures after running afoul of gypsy crone Mrs. Ganush (Lorna Raver). For acting like a bureaucrat rather than a saint, Christine's punishment is to spend the next 90 minutes dodging the curse of the Lamia, a body-snatching entity from hell that holds big-time grudges and won't take no for an answer.

The thrills are good, but *Drag Me to Hell* isn't as funny as it should be. Extras include video production diaries and the unrated director's cut.

Peter Howell/ for Metro Canada



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- Boys Like Girls - Love Drunk
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- 3OH3 Ft Katy Perry - Starstruck
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HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
10/13/09	31	31	31	ABC News Center 5	ABC Mid News	Inside Edition	Chronicle	Shark Tank (N)		Dancing With the Stars		the forgotten
	7	7	7	ASN The Road to Avonlea		Degrassi: TNG	TMZ (N)	Monk (N)		Movie		
	11	11	11	CBC Wheel-Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes (N)	Being Erica (N) (DVS)		CBC News: The National		The Hour
	2	2	2	CBC-F Pyramide (SC)	La force	Virginie (SC)	La Factice	Providence (HDTV) (N) (SC)		Aveux "L'Elau" (N) (SC)		Le Téléjournal
	32	32	32	CBS WBZ News (N)	Evening News	The Insider (N)	Entertainment	NCIS: Los Angeles (N)		NCIS: Los Angeles (N)		The Good Wife
	69	69	69	CFTM TVA nouvelles	Le Cercle (SC)	Les Gags	Occupation	Caméra café	Taxi 0-22 (SC)	La Promesse (HDTV) (N) (SC)		TVA nouvelles
	6	6	6	CHIF Entertainment	The Good Wife "Fixed"			NCIS: Los Angeles (N)		NCIS: Los Angeles (N)		News Final (N)
	9	9	9	CJCH talk	Hollywood	You Can Dance		Law & Order: SVU		Dancing With the Stars		CTV News
	10	10	10	ELTV (6) EastLink Magazine				Podium TV		Community Matters		
	36	36	36	FOX Seinfeld	The Simpsons	Two/Half Men	Two/Half Men	Hell's Kitchen (Season Finale) (N)				Fox First
news	12	12	12	NBC News (N)	NBC News	Extra (N)		The Biggest Loser (N)				Jay Leno Show
	29	29	29	NW World News	Business	CBC News	Mansbridge	CBC News: Tonight (N)		CBC News: The National		fifth estate
	4	4	4	PBS-B NewsHour With Jim Lehrer	Greater Boston	La Plaza-Maria		Nova (HDTV) (N) (DVS)		Frontline (N) (DVS)		Power of Poor
	35	35	35	PBS-D NewsHour With Jim Lehrer	Business Rpt.	Worldfocus		Nova (HDTV) (N) (DVS)		Warplane (DVS)		Frontline (N)
	68	68	68	TQS Guerre clans	Wipe Out	Bienvenue	Rire et délire	La Verité choc		Pratique privée (SC)		Wipe Out
	23	23	23	BNN Business News	Headline	Market Call Tonight		After Hours	Market Call	Squeeze Play		Business News
	18	18	18	CNN Situation Room-Wolf Blitzer		Lou Dobbs Tonight		Campbell Brown (N)		Larry King Live (N)		Cooper 360
	54	54	54	GOLF Golf Central	Top 10	Golf Videos	Inside PGA	Big Break	Top 10	Top 10 (N)	Big Break	Big Break
	52	52	52	RSE MLB Baseball National League Division Series Game 5 - Teams TBA. (If necessary).		Cabby Unlmit	Score Today	FullTiltPoker.net Million		Sportsnet Con.	MLB Baseball: NLDS Game 5	
	55	55	55	SCOR Morency		Pimp My Ride	Pass Time	Dale (2005, Documentary) Narrated by Paul Newman.		X-Fighters		Score Now
sports	45	45	45	SPD Unique Whips		Off the Record	SportsCentre	Wizards-Place	Life Derek	Ned's School		
	53	53	53	TSN The Record		Life Derek		Wizards-Place	Life Derek	Ned's School		
	43	43	43	FAM Zoey 101		Johnny Test		Wizards-Place	Life Derek	Ned's School		
	44	44	44	TOON Jimmy Two		Johnny Test		Wizards-Place	Life Derek	Ned's School		
	26	26	26	TREE Wonder Pets		3rd and Bird		Wizards-Place	Life Derek	Ned's School		
	27	27	27	YTV iCarly		iCarly		Wizards-Place	Life Derek	Ned's School		
	16	16	16	A&E CSI: Miami "Hell Night"				Wizards-Place	Life Derek	Ned's School		
	70	70	70	APTN APTN National News (N)				Wizards-Place	Life Derek	Ned's School		
	50	50	50	BET 106 & Park: BET's Top 10 Live				Wizards-Place	Life Derek	Ned's School		
	37	37	37	BRVO Wind at My Back				Wizards-Place	Life Derek	Ned's School		
family	25	25	25	CMT Star Crossed	Project Mom			Wizards-Place	Life Derek	Ned's School		
	49	49	49	COM Just for Laughs				Wizards-Place	Life Derek	Ned's School		
	153	153	153	COURT Killer Next Door				Wizards-Place	Life Derek	Ned's School		
	38	38	38	DISC Destroyed	Destroyed			Wizards-Place	Life Derek	Ned's School		
	34	34	34	HGTV Extreme Makeover: Home				Wizards-Place	Life Derek	Ned's School		
	46	46	46	HIST Ultimate Engineering				Wizards-Place	Life Derek	Ned's School		
	17	17	17	MM Starmaker				Wizards-Place	Life Derek	Ned's School		
	19	19	19	MMMM mmtop10.ca				Wizards-Place	Life Derek	Ned's School		
	201	201	201	M1 Another Cinderella Story				Wizards-Place	Life Derek	Ned's School		
	48	48	48	OLN Mantrucker				Wizards-Place	Life Derek	Ned's School		
cable variety	51	51	51	PEACH The Office	Name is Earl			Wizards-Place	Life Derek	Ned's School		
	206	206	206	PIX (6:45) The Interrogation of Michael Crowe				Wizards-Place	Life Derek	Ned's School		
	67	67	67	RDI RDI monde	RDI économie			Wizards-Place	Life Derek	Ned's School		
	39	39	39	SHOW Trailer Park	Trailer Park			Wizards-Place	Life Derek	Ned's School		
	40	40	40	SLICE Skin Deep	Skin Deep			Wizards-Place	Life Derek	Ned's School		
	47	47	47	SPACE Stargate SG-1				Wizards-Place	Life Derek	Ned's School		
	14	14	14	SPIKE CSI: Crime Scene Invstgnt.				Wizards-Place	Life Derek	Ned's School		
	98	98	98	STAR talk	TMZ (N)			Wizards-Place	Life Derek	Ned's School		
	21	21	21	TLC Say Yes-Dress	Say Yes-Dress			Wizards-Place	Life Derek	Ned's School		
	34	34	34	TROP Prod. Parker	Prod. Parker			Wizards-Place	Life Derek	Ned's School		

critics' corner

The Biggest Loser

A challenge winner gets to divide the contestants into two teams, each of which will train with either Jillian Michaels or Bob Harper. One contestant gives another a special gift. After a challenge testing the contestants' ability to work together in their newly formed teams, a difficult elimination results in another player being sent home. Alison Sweeney is host. 9 PM on NBC



Being Erica

Change is scary. What if it doesn't turn out well? Erica (Erin Karpluk) has had that mind-set far too long, and when a great career opportunity comes her way, she decides to go for it. A trip back to a summer in Taipei gives her some practice in learning to distinguish "good" risks from "bad" ones in the new episode "Cultural Revolution." 9 PM on CBC

Style by Jury

Sometimes it's not just about the look. In this new episode, Ju Ju, an aspiring rap singer, has a very unrealistic view of the world that is getting in the way of her success. The team must address her skewed outlook on life as well as her style issues on the way to making over her appearance. Bruce Turner hosts "Rap-sody in Geel" 10:30 PM on W

UNICEF has named Orlando Bloom its goodwill ambassador in recognition of his commitment to children's rights around the world. Bloom has supported UNICEF's work since 2007, when he first visited schools in impoverished districts of Nepal. **THE ASSOCIATED PRESS**

Celebrity Buzz

Tara sheds insecurities, and clothes, for Playboy

GO FIGURE Tara Reid has overcome her physical insecurities and stripped off for an upcoming issue of Playboy magazine, according to U.S. reports.

The American Pie star underwent a botched liposuction procedure in 2004 and vowed never to take off her clothes for the men's magazine — because she was too inse-



cure about her figure, female-first.co.uk reports.

Reid told reporters, "I know there are problems with my stomach. There are bumps on it, it's un-

even."

However, the 33 year old is now flaunting her figure, according to In Touch magazine.

She reportedly posed entirely nude for a Playboy shoot at a private residence in Santa Monica, California earlier this month.

A source says, "She was a bit insecure about her body when they first started. She looked great and finally got into the groove."

METRO NEWS SERVICES

Eddie mum about LeAnn on set

SUCH A PROFESSIONAL Eddie Cibrian's personal life might make headlines in the press, but on the set of CSI: Miami, his costar tells usmagazine.com that he keeps quiet about new girlfriend LeAnn Rimes.

"I know he's going

through a lot of personal stuff right now, but he's super-professional and doesn't bring any of it

to work," Eva La Rue told Us. La Rue, who plays a DNA analyst on the CBS drama, previously worked with Cibrian, 36, on Third Watch, in which they played a married couple.

METRO NEWS SERVICES



"The string magic of the front man fascinates!"
— Rolling Stone

WIN TICKETS TO John Campbelljohn's CD RELEASE PARTY

You could score 2 tickets to John Campbelljohn's CD Release Party at *Bearty's House of Blues and Ribs*, Friday Oct 23. Visit bellaliant.net/contests to enter and you may also win an advance copy of "Good to Go".

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Amy gets new breasts? Sources say yes, yes, yes

SHE'S A BIG GIRL NOW Part of Amy Winehouse's plan for a comeback is apparently an in-depth visit to a plastic surgeon. Sources tell the Sun that the Rehab singer recently dropped \$52,000 US on cosmetic surgery — including breast augmentation.

"She looks amazing, like a new woman," a source says. "We all feared she'd fallen off the wagon when she came in. Then we saw her bouncing around with these huge boobs which stand out as she's so tiny and skinny."

It also turns out Winehouse's bid to clean up her act

by relaxing in St. Lucia earlier this year came with quite a price tag. The singer reportedly spent roughly \$14 million US on her seven-month stay on the Caribbean island, according to OK! Magazine.

"Amy's voice has made her a fortune, but her lifestyle costs a lot to maintain," a source says. "There is still cash coming in from royalties. But a new album or tour would really help top up her coffers."

METRO WORLD NEWS



Cruise-ing with Catholicism

MOM KNOWS BEST Suri Cruise is ready to start preschool, and it turns out she'll be attending Catholic school, according to the Daily Mail. Despite dad Tom Cruise's devotion to Scientology, Suri is reportedly being raised Catholic like mom Katie Holmes.

"Katie has been listening to her

parents who are devout Catholics. She is not convinced by Scientology," a source says.

Young Suri is set to attend the Catholic Charities Yawkey Centre For Early Education And Learning in Boston while Tom is in the area filming a movie.

METRO WORLD NEWS



Daisy pranks cruel: Jessica

PEOPLE ARE SUCH DOGS Jessica Simpson doesn't appreciate the false information her loved ones have received from pranksters claiming her lost Maltipoo Daisy is alive, usmagazine.com reports.

"People who have been contacting my family and friends saying that Daisy has been found," the star, 29, Twittered on Sunday. "Untrue. People are so cruel ... please respect her memory."

METRO NEWS SERVICES



Female Ejaculation and the G-Spot

with Deborah Sundahl

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Celebrity tweets

Kirstie Alley doesn't have time to indulge in long meals, **Joel Madden** had an interesting seat-mate on a recent flight, **MC Hammer** is just happy to be awake, and **Kylie Minogue** checks up on her little sister who angered folks with a comment on X Factor.

• **@kirstiealley** Back from dinner with friends...see how this weight loss thing works..7 bites..fast dining..kiss kiss..love love..eat eat...bye bye...lol

• **@JoelMadden** I actually don't mind sitting next to people on planes. I chat them up. On my flight today i sat next to a WWII fighter pilot.

• **@MCHammer** He did it Again !!! Woke Us Up !!! I'm Grateful Lord !!!! Everyone have a Fantastic day !!!

• **@kylieinogue** Just off the phone w my little sis, both she and Danyl are surprised by how much unnecessary attention her innocent comment has garnered...

METRO WORLD NEWS

Usher claims wife scratched car

CLAWS OUT Usher isn't having the easiest time working through divorce proceedings with wife Tameka Foster, and now he claims she snuck onto his property and keyed on of his cars, according to TMZ. However, after police investigated the scene and interviewed both parties, they determined there was no evidence to substantiate the claim.

METRO WORLD NEWS



Polanski dejected in prison: Lawyer

JAIL TIME Roman Polanski's lawyer says the scandal-ridden director is not handling being in prison well. "I found him to be tired and depressed," Herve Temime says, according to the Hollywood Reporter.

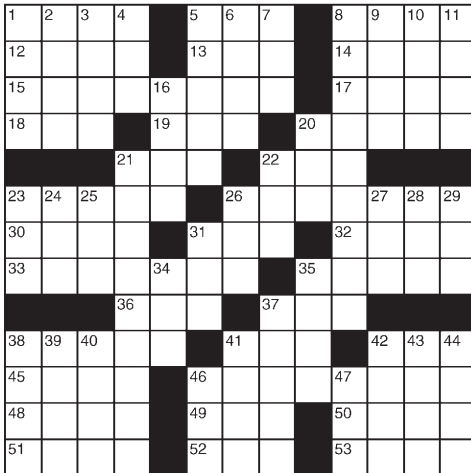
METRO WORLD NEWS





For more delicious Metro recipes, visit: metronews.ca/food

Take Five



ACROSS

1 Call a halt to
5 Bashful
8 Barrel
12 End of a melody
13 Caustic solution
14 Lotion additive
15 Comic-strip pub habitue
17 Undraped
18 Wrong (Pref.)
19 Inseparable
20 Madison Avenue worker
21 Droop
22 Distort
23 Dazzling display
26 Let the air out
30 Hoodlum
31 Scarlet
32 Met melody
33 Legendary clarinetist
35 Go in
36 Sweet potato
37 See 3-Down
38 Correct

41 — Lanka
42 Copper head?
45 Margarine
46 1977 James Taylor hit
48 Pebbles' pet
49 Clay, today
50 In the thick of
51 Go looking for
52 Links prop
53 Cookware

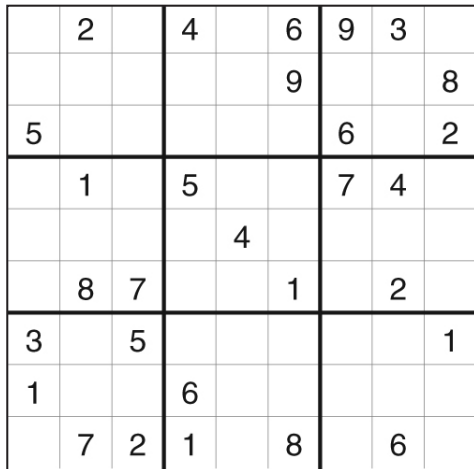
DOWN

1 Swindle
2 Morrison or Collette
3 With 37-Across and 44-Down, miscellany
4 Remuneration
5 Word on the street?
6 Advertise bombastically
7 "Uh-huh"
8 Game played with "ginger-bread pawns"
9 Astringent
10 Pop
11 Acute
16 Outer layer
20 "Bow-wow!"
21 New Jersey peninsula
22 Marry
23 Ovum
24 Bill's partner
25 Privy
26 Lair
27 Illustrations
28 Dead heat
29 Listener
31 Aries
34 Yoga surface
35 Oklahoma city
37 Golfer Palmer, to fans
38 Sceptres
39 Nastase of tennis lore
40 Kelly or Krupa
41 Store event
42 Bullets
43 Worm, maybe
44 See 3-Down
46 Chapeau
47 Shrill bark

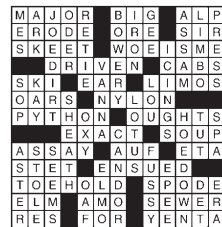
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



Scalloped Potatoes

INGREDIENTS:

3 tbsp (45 ml) butter, divided
1 tbsp (15 ml) all-purpose flour
1 tsp (5 ml) salt
1/4 (1 ml) pepper
1-1/2 cups (375 ml) milk
4 cups thinly sliced peeled potatoes
1 medium onion, finely chopped
1 small green pepper, finely chopped
1/2 cup (125 ml) dry bread crumbs
3/4 cup (175 ml) shredded cheddar cheese

METHOD:

1. In a small pot, melt 2 tbsp (25 ml) butter; stir in flour, salt and pepper. Gradually stir in milk. Bring to boil over medium heat; cook and stir 2 min-

utes or until thickened.
2. In a greased 1-1/2-qt. (1.5 l) baking dish, arrange half the potatoes, onion and green pepper in layers; cover with half of sauce. Repeat layers. Cover and bake at 350 F (180 C) for 35 minutes.
3. Melt remaining butter; combine with bread crumbs and sprinkle over potatoes. Bake, uncovered, 40 minutes longer or until potatoes are tender. Sprinkle with cheddar cheese. Let stand 5 minutes before serving.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES MARCH 21-APRIL 20



Listen to what friends have to say to you over the next 24 hours, because they can see things that you can't. Adopt their positive attitude, too.

LIBRA SEPT 23-OCT 23



Play to your strengths today and you'll move ahead swiftly with a project close to your heart. Romantically and creatively, you can do no wrong.

TAURUS APRIL 21-MAY 21



You're on the threshold of a breakthrough, one that wouldn't have been possible a short time ago. Nothing's beyond you when you put your mind to it.

SCORPIO OCT 24-NOV 22



This is the perfect day to patch up a relationship that's been less than satisfactory in recent months. But you must ditch your pride and say sorry first.

GEMINI MAY 22-JUNE 21



You need a change of perspective or direction, and you'll get that today whether you like it or not. Chances are you'll like it very much indeed.

SAGITTARIUS NOV 23-DEC 21



Something important is about to happen in your life, something that will make you smile. There is a good chance travel is involved.

CANCER JUNE 22-JULY 22



If you find yourself wishing you were someone else, you're wasting your time. Focus on making a better job of who you are.

CAPRICORN DEC 22-JAN 20



There is a real possibility you'll come into money, but there are other ways to improve your finances. The most obvious is to sell off some of your things.

LEO JULY 23-AUG 23



Your problems are not as bad as you seem to think and today you will realize you have been worrying for no good reason.

AQUARIUS JAN 21-FEB 18



Recently, it may have seemed your long run of good fortune was at an end, but today will help you to believe that Lady Luck has not deserted you.

VIRGO AUG 24-SEPT 22



You may be tempted to change something that's worked for you, and it could be time for a change. At work you'll be open to new ideas and methods.

PISCES FEB 19-MARCH 20



If you find your approach to a personal problem isn't working, tackle it from a different angle. Think creatively, and dig yourself out of a hole.

This day in history

1773: The Whirlpool Galaxy is discovered by Charles Messier.
1812: War of 1812, Battle of Queenston Heights — As part of the Niagara campaign in Ontario, U.S. forces under General Stephen Van Rensselaer are repulsed from invading Canada by British and native troops led by Sir Isaac Brock.
1843: In New York City, Henry Jones and 11 others found B'nai B'rith, the oldest Jewish service organization in the world.
1884: Greenwich is established as universal time meridian of longitude.

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57th Street • 3 ★
Standard rm.
Nov. 14 • 2 nts.

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(including service charges): \$127

Holguin via Toronto
Occidental Grand
Playa Turquesa • 4 ★
All-Inclusive • Superior rm.
Oct. 31 & Nov. 14 • 1 wk.

\$799

Taxes & other fees
(including service charges): \$213

Punta Cana
Gran Bahia Principe
Punta Cana • 5 ★
All-Inclusive • Junior suite
Feb. 13 • 1 wk.

\$1499

Taxes & other fees
(including service charges): \$298

Las Vegas via Montreal or Toronto
MGM Grand
Hotel & Casino • 4 1/2 ★
Hotel rm. - Grand Tower
Dec. 14 • 4 nts.
4th night FREE

\$749

Taxes & other fees
(including service charges): \$190

Liberia, Costa Rica via Toronto
Occidental Grand
Papagayo • 4 1/2 ★
All-Inclusive • Deluxe rm.
Nov. 7, 14 & 21 • 1 wk.

\$1239

Taxes & other fees
(including service charges): \$214

Saint Lucia via Toronto
Coconut Bay Beach
Resort & Spa • 4 ★
All-Inclusive
Deluxe garden view rm.
Nov. 15 & 22 • 1 wk.


\$1329

Taxes & other fees
(including service charges): \$298

Cayo Coco / Cayo Guillermo
via Toronto
TRYP Cayo Coco • 4 ★
All-Inclusive • Standard rm.
Oct. 31 - Dec. 12 • 1 wk.

\$749

Taxes & other fees
(including service charges): \$213

Punta Cana
Occidental Grand
Punta Cana • 4 ★
All-Inclusive • Junior suite
Feb. 13 • 1 wk.

\$1249

Taxes & other fees
(including service charges): \$298

Jamaica via Toronto
Gran Bahia Principe
Jamaica • 4 1/2 ★
All-Inclusive • Junior suite
Feb. 8 & 22 • 1 wk.


\$1599

Taxes & other fees
(including service charges): \$267

DEAL to EUROPE

Paris via Toronto or Montreal
All Seasons Paris
Gare Est • 3 ★
Breakfast • Standard rm.
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(including service charges): \$130

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Disney's Caribbean Beach Resort • 4 ★
Special offer 3 - Standard rm.
Special offer 7-day Magic Your Way Base Ticket
Jan. 12 & 13 • 1 wk.

\$1099

Taxes & other fees
(including service charges): \$130

Including 3 nights with tickets FREE


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